



S.T.A.H.L. NEWS

IUP HAVEN PROJECT
Supporting Survivors
topping Violence

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by The Haven Project at the Center for Health and Well-Being

January 2021



STALKING:

KNOW IT. NAME IT. STOP IT.



“Stalking is repeated conduct toward another person including (but not limited to) willfully following and/or contacting someone verbally, in writing, by telephone, electronic media, a third party, or by any other means with the intent and/or effect of creating fear or emotional distress.”

-The Source

Stalking Behaviors

These are some examples of stalking behaviors.
They include, but are not limited to:

- Follows you and shows up wherever you are.
- Sends continuous unwanted gifts, letters, cards, texts, etc.
- Damages your home, car, or other property
- Uses technology to track and monitor you
- Drives by/hangs out at your home, class, or work
- Stalks by proxy or makes third party contact
- Continuously posts information or spreads rumors about you
- Other actions that control, track, or frighten you

According to the Bureau of Justice Statistics, 6.6 million adults in the U.S. were stalked in a one-year period. Three-fourths of those people knew their stalker.
-dove-inc.net

Stalking Safety Tips:

- Be aware of how much identifying information you are posting on the Internet through social media and online purchases.
- Have a safe place in mind to go to in an emergency. You might go to a police station, place of worship, any public area, the home of a family member or friend (unknown to the stalker), or a domestic violence shelter. If someone is following you, it is generally not a good idea to go home.
- Identify escape routes in your home, workplace, and school.
- Communicate with trusted friends or family if you feel unsafe.
- Trust your instincts. You know yourself best. If you are walking home alone or feel uncomfortable for any reason, go inside a public store. Call a friend or family member to tell them what is going on.

STALKER STATS

6.6 MILLION

PEOPLE STALKED A YEAR IN THE U.S.



25%
STALK THEIR VICTIMS
USING TECHNOLOGY



SPECIFICALLY...
31% MULTICULTURAL
23% AMERICAN INDIAN
20% AFRICAN AMERICAN
16% WHITE
15% HISPANIC



Reach out to the IUP Haven Project for information and resources to support survivors of stalking.

If you or someone you know has experienced sexual and/or domestic/relationship violence, help is available. You're not alone.

Campus and Community Resources

Advocacy/24 hour crisis hotline

*Alice Paul House (Indiana).....724-349-4444

Counseling

*The Counseling Center.....724-357-2621

Education

The Haven Project.....724-357-3947

Reporting

University Police.....724-357-2141

The Office of Student Support and Community

Standards.....724-357-1264

Compliance Officer/Title IX Coordinator.....724-357-3402

*confidential services

IUP Haven Project

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Haven Social Media

Twitter : IUPHaven

Facebook : IUP Haven Project

Instagram : @IUPHaven

IT'S **not** A JOKE.
IT'S **not** ROMANTIC.
IT'S **not** OK.

STOP STALKING

www.ncvc.org/src

